



OMELETTE WITH WAFER-THIN HAM

Serves 1

6 mins to prepare and 6 mins to cook

460 calories / serving

TECHNIQUE

1. Place eggs and water in a small bowl and whisk well with a fork. Melt butter in a small non-stick omelette frying pan approx 17cm diameter.
2. Turn up heat. When sizzling, add egg mixture and rotate pan at an angle. Using the fork draw the egg mixture towards the centre 2- 3 times. Reduce heat and allow omelette to cook for 2-3 mins.
3. Scatter spinach, cheese, tomato and ham onto one half of the omelette fold over and slide onto a plate. Serve with a washed peeled salad.

INGREDIENTS

- 10g butter
- 3 medium eggs
- 1 tbsp water
- 30g cooked spinach
- 25g mature cheddar grated
- 1 tomato, sliced
- 2 slices of wafer-thin ham, cut into wide strips